

Abstract

Title: Applied fitness training for the blind people with a focus on the treatment of muscle imbalances

Objectives: The main objective was to evaluate the muscular imbalances by means of muscle tests. Another partial goal was to provide a set of exercises for the blind trainees to exercise in the home environment.

Methods: The thesis has both empirical and theoretical character. The quasi- experiment was chosen as the type of study. At work, we encounter one-group pretest- posttest design elements where there was no control group but only a group of trainees.

Results: In the backwards-stretched-arms test, 4 out of 5 tested improved, in the knee- flexor test, 3 out of 5 probands improved, in one case the results in one lower limb were the same, in the last case has worsened. In the forward-bend test, all of the 5 tested improved. The reason for the second and third tests are also a false way of measuring that appeared to be benefitting for the examinees.

Keywords: physical condition, exercise lessons, visual impairment, muscle tests